

THE OBSERVER



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Breast Cancer Awareness Month

By Allison Glidewell, Staff Writer

October 1st marked the beginning of Breast Cancer Awareness Month, and women worldwide are rallying together to raise public consciousness about the disease that will affect one in eight American women. This year almost 40,000 women will die from the most common form of cancer in women, which is 90% curable when treated early. Facilitators of Breast Cancer Awareness Month aim to encourage women to participate in regular screenings, to raise funds for research, and to lobby for more health care options for women infected with the disease.

Breast cancer is known as a sporadic disease, since only 5-10% of patients have a genetic history of it. However, a family history of the disease does place an individual at greater risk for contracting the disease later in life. Women who are under a great deal of stress, who are overweight, who have never given birth or gave birth later in life, who consume large amounts of alcohol, and who are exposed to excessive radiation are also more susceptible to the disease.

Treatments for breast cancer include chemotherapy, radiation, and surgery, and doctors stress that if the cancer is caught early, a full remission is probable. Medical experts advise that women over the age of 50 should be

screened every year by a professional, and women over the age of 20 should be screened every three years. All women should perform monthly self-examinations.

If you are interested in becoming involved in the fight against breast cancer, you have several options. Many businesses are selling special merchandise to raise funds for the disease. Popular stores like Avon and Bath and Body Works donate proceeds from their products to the cause. Also, sites like www.beadsforacure.com offer jewelry and apparel year round specifically for the purpose of raising funds for research. If you are more politically minded, you can write letters to state and federal legislators, urging them to pass bills that will provide for women with the disease. The Susan G. Komen Breast Cancer Foundation has information on how to contact politicians via email. You can visit their website at www.komen.org. You can get involved locally with Puma Women Today as they plan events for Breast Cancer Awareness Month. Contact Kate Nowalk for information on how to get involved through the women's group. Finally, you can support the cause by wearing a pink ribbon. Puma Women Today will be handing out ribbons later in the month. Students and faculty can wear the ribbons to raise awareness and to keep the survivors and victims of the disease in mind.

Information gathered from www.webmd.com.

TAIZE PRAYER SERVICE RETURNS TO SJC

By Becky Scherer, Publications and Media Relations Intern

The second in a series of Taize prayer services will be held at SJC on Friday, October 10th, at 8:00 p.m. in the Saint Joseph's Chapel.

A Taize service is a meditative ecumenical prayer generally consisting of singing simple refrains in English, Latin, French, Spanish, and German. Taize services incorporate psalm and gospel readings, short periods of silence for meditation, and prayers of petition. SJC's services will conclude in less than

one hour and will be illuminated entirely by candlelight.

Spearheading the Taize project is SJC Director of Music Ministries and Chapel Organist John Ligda, a senior Music major at SJC. To become involved in the services, contact Ligda by email at jlj3619@saintjoe.edu.

Additional services will take place on November 7th, January 16th, and February 13th, all in the Chapel at 8:00 p.m.

Breast Cancer Prevention Tips

Dr. Andrew Weil (www.drweilselfhealing.com), believing in natural means to prevent and treat diseases, offers eight holistic strategies to reduce the risk of breast cancer:

1) Add anti-cancer fats to your diet.

"I suggest getting no more than 20 to 25 percent of your calories from fat. This will reduce the levels of estrogen (high level and aggressive ones linked to breast cancer) circulating in your blood and also help combat obesity, a risk factor for breast cancer among women over the age of 50. In addition, I recommend cooking with extra-virgin olive oil or organic canola oil, another monounsaturated oil. To get a healthy amount of Omega-3 fatty acids, eat salmon, sardines, or herring two or three times a week. Read labels carefully and reject all products made with partially hydrogenated oils of any kind."

2) Pig out on fresh fruits and vegetables.

"A 1995 study found that Greek women who eat at least five servings of vegetables daily had 46 percent lower risk of breast cancer than women who eat only one or two; while women who eat six servings of fruits a day had 35 percent lower risk than those who eat just one piece." Balance your intake between the red, green, yellow and orange produce to cover a full range of good phytochemicals.

3) Load up on fiber.

A 1995 study in Australia showed that women with fiber-rich diets have 36 percent less risk than those who don't take a lot of fiber daily. For maximum benefit, Dr. Weil recommends 35 grams of fiber a day, whole grains vs. refined grains, 1/2 cup of wheat bran, and beans in the daily diet.

4) Sweat it out!

Women who exercise at least four hours weekly have a 37 percent lower risk of developing breast cancer than inactive ones, according to a 1997 14-year study of 25,000 women in Norway. Dr. Weil recommends 45-minute walks five days a week.

5) Drink less, smoke not.

After studying 320,000 women, the Harvard School of Public Health found that breast cancer risk jumps by 41 percent when women drink two to five alcoholic drinks a day. It also claims that even one drink can raise breast cancer risk by nine percent. Dr. Weil warns, "If you are at a higher risk for breast cancer, I recommend avoiding alcohol altogether. Otherwise, I think you can safely have a glass of wine or beer with dinner three or four nights a week."

6) Not a day without soy!

"Isoflavones [in soy foods] are plant-derived estrogen that block actions of stronger estrogen and interfere with enzymes involved in cancer growth," Dr. Weil explains. Although mostly women over 50 develop breast cancer, younger women should learn to love soy also because much of their comfortable future depends on it. Dr. Weil's advice is to take a serving of soy a day; for example, a cup of soy milk or 1/2 cup of tofu or 1/2 cup of green soybeans.

7) Supplement your diet with antioxidants.

"Antioxidants help your body to neutralize carcinogens and protect its ability to recognize and eliminate malignant cells," stresses Dr. Weil. He prescribes 1,000 mg of Vitamin C and 25,000 IU of mixed carotene at breakfast, 400 IU of natural Vitamin E and 200 mcg of selenium at lunch, and 1,000 mg again of Vitamin C at dinner.

8) Reduce exposure to foreign estrogen.

If you are a meat lover, Dr. Weil cautions that you may be exposing yourself to "foreign" estrogen from meat, poultry and dairy products with estrogen residues from growth stimulants. Contaminated food, unclean water, and the polluted environment complicate matters. A water purifying system, according to Dr. Weil, is a must.

NEWS

ALD RECEIVES
NATIONAL AWARD

SPIRIT WEEK 2003

FEATURES

HOMECOMING PEP RALLY/
BONFIRE

GARY GILDNER SPEAKS

SPORTS

THE CHICAGO WHITE SOX

ATHLETE OF THE ISSUE

OPINION

LETTERS TO THE EDITOR

ET CETERA
PUMA POETRY

Letters to the Editor:

Dear Editor,

As our season continues and we head into the most important games of the year, we would like to take this time to acknowledge all of you who come out to the games to cheer us on. There is no way to express how great it is to know that when there is a game, there will be fans – no matter what. The fans make SJC's soccer field an intimidating place for opposing teams and give us a home field advantage about which other programs can only dream. We appreciate you so much because we know we are lucky to have you – we travel to venues where there is little to no student support, and no one is as vocal and fun-loving as our fellow Pumas.

To the gang in the corner: thank you. Your witty comments are entertaining and helpful. We appreciate your cheers for good hits, hearing our names yelled out of the silence for no particular reason at all, and your constant helpful remarks to the referees. It is an amazing feeling to know that we are supported by our friends, who know us not only as soccer players but also as people – and who appreciate us as both. Not every single one of you is a soccer expert, but you don't try to be, and we thank you for that. You leave that part of the game up to our coaches and our

players, so that we can leave your part of the game up to you. You are a part of every single one of our victories because you provide enthusiasm, spirit, and support that no team can bring to themselves. For those of you who have found the perfect balance of wit and sarcasm combined with Puma pride, you're doing a great job and we need you now more than ever!

As collegiate athletes, it is part of our responsibility to deal with harassment on the field and to maintain focus for all ninety minutes of our game. However, this is a problem we should not have to deal with on our home field. It is one thing to hear the gang in the corner asking members of the other team to go out with them after the game or telling your mom jokes loudly enough for everyone to enjoy, but it is quite another thing to have to worry about what kind of language or behavior our parents, grandparents, little brothers and sisters, or nieces and nephews are being subjected to on the sidelines.

The thing is, when we put on our uniforms and step onto that field, we are representing Saint Joseph's College – when you put on your sweatshirts and hats and step onto that sideline, you are a reflection of us as a team and of SJC as a whole. For the most part,

as demonstrated in the examples given earlier, you are something anyone would be proud to have on their side. You are entertaining, supportive, and a Puma soccer tradition. When you're out there, just remember this: we want our parents and friends, and the parents and friends of the other team, to remember our play and the outcome of the game, we want them to remember your school spirit – not the poor behavior, immaturity, and vulgarity of one or two of our fans.

As a cheering section, we hope you take us much pride in yourselves as we do in you. We hope you are as proud to represent the Pumas on the sideline as we are to represent the Pumas on the field. Please don't allow our team to be embarrassed and please don't let yourself be shamed by the behavior of someone else. Keep it positive out there and help your Pumas climb to the top of the GLVC conference!

Bottom line: we need our fans more than anything...but we don't need negativity, embarrassment and distraction. Help bring a conference championship to SJC and we will never be able to thank you enough.

--- Anna Westwood
and
Annie Domasica,
on behalf of the Women's Soccer Team.



Won an award? Aced a project? Landed a role in the school play? Accepted an internship?

If you have an accomplishment that you'd like to share with your hometown newspaper, fill out a "Student Achievement Form" so the Office of Publications and Media Relations can issue a news release about you! News can also be submitted to Director Bree Ma'Aytech by e-mailing breaia@saintjoe.edu or calling extension 6177. Forms can also be faxed to her at 866-6354.

To access the form online, visit the "Current Students" OR "News" link on the SJC Web site and click on "Student Achievement Form."

Dear Editor,

A hearty thank you to the participants in Homecoming week's Battle of the Bands. Outside of the classroom, I don't often get to see students showcasing their talents. I was impressed! What great musicians and performers we have here. Thanks for sharing your skills with us. I hope I get to see you all perform again.

---Prof. Maia Kingman

Library News

By Marco Mendoza, Staff Writer

Using funds from the class of 1963 and the Lilly Foundation, the SJC Library has made a proposal to the Natural Endowment for the Humanities to establish a financial endowment. The finances will go to buying more materials that the library needs and additional books for the Core Program. A renovation of the reference room will occur, as well as additional computers and furniture. Thanks to the endowment, the library will become more efficient, accessible, and comfortable. For more information or details, contact Cathy Salyers at 6212.

Investment Club Stock Contest

By Amanda Gibson, Staff Writer

The SJC Investment Club has two main purposes on campus: to manage the College's endowment-allotted Puma Fund (roughly \$10,000 that is in the club members' hands to decide how to invest) and to attempt to educate themselves and the people around them about how to be good investors.

The latter of the two purposes is where the club's most recent project comes into play: a campus-wide stock market competition. Competitors begin with portfolios containing \$25,000 of "play money." Through "buying" and "selling" stocks on the competition website, participants will learn a great deal about the stock market without actually putting any real money at risk. In this particular competition, a person starts out with a portfolio containing \$25,000 of play money.

The great thing about this competition is that anyone can join. It is open to beginners, as well as people who have prior stock experience. "It's not just for members of the investment club," said Professor of Finance and Investment Club faculty advisor Michael Oakes. "Anyone can take part in it. The leader of the competition right now is actually a Bio-Chem major."

The stock competition lasts until the end of the 2003-2004 academic year, and any student interested in joining can do so at any time by visiting the Investment Club's website at www.saintjoe.edu/~invest. A small awards ceremony will be held in December, towards the middle of the competition, along with a larger ceremony at the end of the academic year.

For more information about the stock competition or becoming a member of the Investment Club, contact Oakes at mjoakes@saintjoe.edu, Kennedy at tkh3997@saintjoe.edu, or club vice president John May at jmh4114@saintjoe.edu.

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Attention Art Lovers:



Don't forget about the Measure magazine-cover contest! All forms of artwork are accepted: from computer graphics to drawings, and from paintings to sculptures.

For more information, contact:

Professor Bonnie Zimmer,
bonniez@saintjoe.edu
Measure Editor Tony Salati,
ash4176@saintjoe.edu

PAWS:

To the SJC football team for defeating the Kentucky Wesleyan Panthers on Oct. 4 with a score of 57-21. Go Pumas!



CLAWS:

To all the students who did not take the time or creativity to participate in SUB's Spirit Week activities throughout the week of Sep. 29- Oct. 3.

SJC ALD Chapter Receives National Award

By Renee Pugh, *Publications and Media Relations Intern*

SJC's chapter of Alpha Lambda Delta (ALD), an honor society for first-year college students, recently received the National Council's Silver Award. This award was presented to ALD for its significant 24% increase in membership for the class of 2005.

"This is a sign of hard work and dedication on behalf of students," said Assistant Professor of Communication and Alpha Lambda Delta advisor Heidi Rahe. "We have a number of students who have achieved and are being recognized for high academic achievement in their first year of college."

President Mills is also pleased about the success of SJC's students in ALD and applauds their efforts. "The class of 2005 should be very proud,"

he said. "Receiving such an award certainly showcases the academic excellence of our students."

With an increase in membership, ALD, which acts primarily as a service organization, has the human resources to become more involved with community projects and programs. One such program is the annual Favorite Professors' Dinner, for which each member invites his or her favorite professor to an ALD-sponsored dinner. "Our chapter of ALD at SJC focuses on community service," said Rahe. "Thanking people is a community service."

SJC recently inducted its newest members from the class of 2005 on October 5th.

SJC Theatre Department Receives Grant

By Renee Pugh, *Publications and Media Relations Intern*

Recently, the Saint Joseph's College Theatre Department received a grant of \$15,000 from a private foundation which chooses to remain anonymous, to be used at the discretion of the department. The funds will be used to renovate the auditorium of the Arts and Science Building.

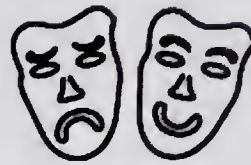
Early last year, the Theatre Department began applying for grants from multiple foundations, and the grant was received this past June. "It is a closed grant from a private foundation ... it comes with no strings attached," explained John Rahe, Assistant Professor of Communication and Director of Theatre at SJC. "We can use the funds for whatever we need."

He plans to use the grant money to purchase tools for set construction, a new sound system, and improved lighting for the auditorium, which is located in

the Arts and Science Building, one of the oldest buildings on campus. "We have had small improvements made to the theater in the past, such as curtains and lighting," said Rahe. "However, this grant

allows for more extensive [development]."

Rahe is thankful for this opportunity to improve the auditorium and awaits decisions on additional grant applications. "[We still have applications out], so several more grants are possible," he said.



SJC Students Donate Time, Provisions to Soup Kitchen Trip

By Becky Scherer, *Publications and Media Relations Intern*

On September 21st, the Saint Joseph's College chapter of the Volunteer Corps offered their services at the soup kitchen of St. Victor Church in Calumet City, Illinois. Sixteen student volunteers served food to and visited with hungry community members.

"It's rewarding to know that we're touching the lives of strangers," said SJC senior Mass Communication major Bridget Newman, one of the volunteers who made the trip to St. Victor's. "Volunteering made me appre-

ciate what I have and made me want to give more."

Campus Minister and Faculty facilitator for the SJC Volunteer Corps Ary Nelson began the soup kitchen project two years ago at the request of a student. "I called all the local places I knew of, but the organizations out of Lafayette and Indianapolis mainly packaged the food and sent it off," she explained. "We wanted to actually prepare and serve the food ourselves." This year, Nelson and five students prepared a

meal of spaghetti and meatballs (made from scratch), green beans, and fruit salad with whipped cream for dessert, and brought along milk, coffee, and lemonade. Bread was provided by St. Victor's.

Volunteer Corps President and SJC junior music major Erin Diener has been involved with the annual trip for the last three years and returns each time with a sense of personal fulfillment. "I am uplifted knowing that I'm acting on God's word, and every time I

help others less fortunate, I feel I receive just as much, if not more, out of the situation than they do," she said.

The Volunteer Corps will be traveling to St. Victor's again to serve at another soup kitchen in January 2004.

To become involved with the Volunteer Corps, contact Nelson at aryn@saintjoe.edu, Diener at edh4015@saintjoe.edu, or stop by the Campus Ministry office and inquire within.

Homecoming Spirit Week 2003

By Katie Grgic, *Staff Writer*

It was a great week to be a Puma. Or was it? If one was to base the answer to this question on student participation in Spirit Week, one might find this a difficult question to answer. As a prelude to Homecoming, SUB planned Spirit Week to get students excited for Homecoming weekend. The activities included: dressing up for Opposite Sex Day, Twin Day, Dress Up Like Your Favorite Prof Day, Superhero Day, and Puma Pride Day, a sheet painting contest, a bonfire, and Battle of the Bands. Despite this extensive array of choices in activities, only a small number of students appeared to participate in Spirit Week. While I acknowledge that certain extraneous circumstances such as work, homework, and extracurriculars could affect the amount of participation, the student body seemed to be rather ambivalent towards Spirit Week as a whole.

Very few people seemed to get into dressing up in accordance with the theme for the day. I saw maybe five people dressed up for Opposite Sex Day, ten for Twin Day, and hardly anyone dressed as their favorite professor. In fact, the only days that seemed to get a significant response from students were Superhero Day and Puma Pride Day. Superhero Day seemed to allow for students' creativity more so than any other day, and most people on this campus own Puma wear, so Pride Day was fairly simple for everyone to take part in. Sophomore Jean Monfort said a lack of "materials and time" barred her from participating in most of the

theme days, and the fact that "not very many people appeared to be participating" was a deterrent for her. I, personally, can sympathize; for many people, it is difficult to dress up as a professor or twin without going out and buying materials to do so. Speaking from personal experience, I know this is just not an option for many people who have no cash to burn. Monfort and fellow sophomore Kara Marxer also made comments on the advertising. Both said, "It was hard to remember which day was which, and we only had one email from Dean Keller to refer to." While signs were posted all over campus, it may have been difficult for many students to remember the morning of what theme was for that day.

Despite the seeming lack of interest in theme days, the student body seemed to turn out for the evening activities. Five groups ended up painting sheets in hopes of winning a choice between a cash prize and a pizza party. Quite a large number of students participated in and gathered to watch the Battle of the Bands and the karate demonstrations that served as entertainment between acts. A significant number of students and faculty attended the bonfire as well. I, however, was a little bothered that the football team did not attend the bonfire, and that the cheerleaders left immediately after they finished their routine.

I thought that Spirit Week was an excellent idea; it was a fun way to build school spirit before the big Homecoming game. It just seemed to me that many students did not care to partici-

pate; most people's attitudes seemed to be one of indifference and lethargy the whole week. Once Homecoming weekend arrived, the campus came to life and people were at the booths, watching the game, and enjoying the activities being offered on campus. I feel it is a bit of a shame that the same enthusiasm was not shown throughout the week. Hopefully next year student participation levels will increase if the same plethora of activities is offered, but advertisement is increased, notice is given more in advance, and themes cater to things students can throw together in time before class without having to go out and purchase materials. Hopefully next year, the attitude of the student body during Spirit Week will be a clear indicator that it is indeed a great week to be a Puma.



Students show puma pride throughout Homecoming Spirit Week. Pictured are Amy Luksus (above), Randy Brooks, Amanda Barnhardt, and Shelly Klotzbach (below) on Superhero Day. Photos taken by Features Editor Natalie Lapacek.



Homecoming Bonfire

By: Bridget Newman,
Sports Editor

The weather warmed up to an ideal temperature after the initial morning rain. The S'more ingredients were abundant. The band was in rows. The cheerleaders were in line. Everything about Friday, October 3rd, was perfect for boosting pep and starting traditions.

The night before the homecoming game, Lake Banet was the place to be. The Student Union Board sponsored a bonfire just around the corner from the drive into the Lake Banet parking lot. The bonfire featured a performance by the Saint Joseph's College Marching Band and Cheerleading Squad. In addition, hot chocolate, water, and S'mores were available free of charge for all guests. Director of Student Activities Aaron Newman brought

his banjo and students brought their school spirit.

Sophomore Jean Monfort just missed the marching band's performance, but heard the music playing from campus. She made her way to the bonfire and commented that she was more than glad that she came. "I really liked how it was a mix of students and faculty. There was a good sense of companionship. It was an easy evening, a chance to be yourself and be laid back. Everybody was friends with everybody else," she said.

Director of Traditions for S.U.B., sophomore Amanda Barnhart, was the main coordinator of all of the Homecoming events planned by the board. She hopes that the events that took place for this year's Homecoming will grow year after year to become something stu-

dents look forward to among the festivities. Other events from the weekend planned by the board include Battle of the Bands, "Beat-a-Car" outside of the football game, and a sheet-decorating contest. S.U.B. also sponsored free face painting at the game and Mission Improvable, a comedic group that performed Saturday evening.

Junior Brian Bugajski thoroughly enjoyed the weekend's activities. "I thought that the bonfire was a nice program to enhance school spirit. It was great to gather around a fire and hear the fight song. I hope that this program will become part of the long list of traditions we have here at SJC," he said. Among other students, Bugajski is looking forward to Homecoming 2004 now more than ever. So are we.

Styling Sense: Promoting Puma Pride



Jen Zak
Columnist

As the autumn air began to change from a warm breeze to a biting cold, I couldn't help but wonder, "What would everyone be wearing on Homecoming Weekend?" While the weather forecasted rain, the Saturday of Homecoming was blessed with sunshine and the many smiling faces of Proud Pumas celebrating the weekend.

Besides their broad smiles, the masses also displayed their affection for Saint Joseph's College in a variety of ways. Most popular was the assortment of SJC sweatshirts and windbreakers. Coming in a close second were the butt-emblazoned pajama pants and shorts. Pumas past and present were also spotted wearing various class, club, and athletic t-shirts, and even vintage jackets from the days of old. SJC water bottles, mittens, hats, Homecoming pint glasses, and Saint Joseph's throws were also adorning the attendees of homecoming events.

For those who still have not accumulated a collection of Puma Pride clothing and accessories, there is often a wide variety of shirts, sweatshirts, hats, scarves and jackets available in the Saint Joseph's College bookstore. The bookstore frequently has sales, so check often to get your paws on some nice gear. Also popular this year is the Italian Charm Bracelet, which makes a great gift for any occasion. The paw print charms are available at many mall kiosks and Hallmark stores (\$10-15).

To keep warm in the winter months, make your own throw in Puma colors out of two pieces of fleece (\$5 yard at Wal-Mart). Widely fringe the edges, cut the corners into right angles, and tie the fringes together all the way around for a cozy blanket.

Displaying Puma Pride on campus does not just have to be in full force on Homecoming weekend it can happen everyday, so get out there and proudly show your spirit.



Spirit Week: Twin Day

Can you guess
who is who?

Answer:
Right: (left to right) sophomores Kara Marxer and Katie Grgic
Left: (left to right) sophomores Julianna Hartmann and Megan Emerson.

Sublime: An Acclamation

By: Bridget Newman,
Sports Editor

I don't believe in regrets but if I did, here's mine: I never saw Sublime in concert. I fell in love with Sublime too late to be a crazy screaming psychopath yelling the funky fresh lyrics at a show as soon as I heard the first chords to "Don't Push" or "KRS-One." I graduated from 7th grade the year Bradley James Nowell died. At least, though, I can say that I did find Sublime, even if it was a few years later.

The trio is genre-jumping. The music is an insanely perfect mix of reggae, punk, hip-hop and alternative. The lyrics aren't always pure poetry, but they make me want to sing along with every word and air-guitar every note. "Caress me Down" was my first lesson in Spanish! The vibe of the band, the attitude implied, the way Sublime music makes me feel, makes me love it.

I'm glad Sublime is not everyone's favorite band. There's something really sweet about loving a band that isn't mainstream. You only hear popular crap on the radio for the most part. When the heart and soul of a band is in the least-known tunes, it makes you die hard. I'm hooked and I love it.

Chicago: Musical to Movie

By: Melissa Alba, Staff
Writer

Making a movie out of a Broadway musical can be risky business. I recently watched *Chicago*, and not only does the movie support the exhilarating music and choreography of the stage version, but adds clarity to the entire plot. *Chicago* is the story of two women who end up in prison for murder. Velma Kelly, played by Catherine Zeta-Jones, is in prison for the murder of her husband and sister. She had already made a name for herself and planned on using her murder trial for more publicity on her road to stardom. Velma hires the best lawyer in the city of Chicago, Billy Flynn (played by Richard Gere) to represent her. Velma's murder trial



makes headlines until Roxie Hart, played by Renee Zellweger, arrives on the scene for murdering her lover Fred Casely. Before Roxie Hart arrived the self-serving matron of the cell block, Matron Mama Morton (Queen Latifah) was helping Velma become the media's top murderess. With the arrival of Roxie, all that changed. The loyalties of Mama and Billy Flynn suddenly changed to the more marketable cause of Roxie Hart. *Chicago* is a story of murder, greed, corruption, exploitation, adultery, and treachery.

Gary Gildner speaks at Saint Joseph's College

By: Danny Waclaw,
Staff Writer

On Thursday, September 25, I met a man who owns a mountain, coached a baseball team in Communist Poland, and has won several awards for his writing. Who on Earth could fit all these characteristics? Why, none other than Gary Gildner!

Though he was officially here for a poetry reading—and he did read several poems—his presentation mainly centered on his life and how and why he creates his poems. He believes that the story should write itself; he starts with some simple thought and then runs with it, having no idea where it will lead to until it is finished. Though this method seems an unsure way of writing (especially considering deadlines), Mr. Gildner has profited very well from it, having written eighteen volumes of poetry and prose. Also, he is very traditional, if not eccentric, and uses a pencil and typewriter to write his works.

The poems that he shared with the twenty-some people who attended the event were of an interesting variety—all with interesting stories as well. His "A Valentine" was inspired by a simple abbreviation that he discovered one day—TSTSTSA, which means "to someone too sweet to sleep alone." The poem is in epistolary form, from a young student to his older schoolteacher. The words of the poem were very well chosen and seemed to actually sound like a child writing a love letter. Another poem, "To Get Home," is from his novel *The Warsaw Sparks*, a memoir about his

baseball-coaching career in Communist Poland. The poem included very inventive language and was a treat to hear.

Mr. Gildner's presentation, however short-lived it may have been, was an astounding success among the people who went there, especially including myself. I recommend this man's work to anyone interested in nature and human nature. His latest novel, *My Grandfather's Book*, tells the cathartic experience the author had upon learning that his seemingly illiterate grandfather read Joseph Conrad (or Korzeniowski in Polish) and also how Gildner used this as a springboard to discover where the truth begins in his own life. Information on the poet, as well as where to buy his works, can be found at the Michigan University Press website (msupress.msu.edu) and at such major venues as Barnes & Noble (www.barnesandnoble.com).

If you are interested in writing for the feature section email
Natalie at nli4438@saintjoe.edu

Stuff

Brian Bugajski
Columnist



Welcome to the second edition of *Stuff*, the column that features random research of different historical topics here at SJC. Columnist John Ligda and I will be rotating column duties every issue.

The topic for this edition: the Science Building. Visitors are enticed by it (because of its antiquity), Profs love it (because classes are close to the multi-media library), and students despise it (because we bake in the summer and bake even worse in the winter). However, this building that houses our library, drama department, music department and multiple science departments would not be standing today if not for a fire in 1914.

This fire was not something that was taken lightly on campus. According to the *Saint Joseph's College Chronology* of 1990, "the biggest event of this year (1914) has to be the burning of the gymnasium. The work of renovating it was barely finished when, about 4 A. M. on April 2, 1914, early rising students noticed that the 'Old Gym' was on fire."

Some of the faculty considered the blaze to be a, "blessing in disguise," because a new building could be erected in the place of the outdated gymnasium facility. This new building just happened to be the current Science Building.

The Evening Republican, the predecessor to the *Rensselaer Republican*, announced on June 12, 1914 (over two months after the fire) that the college would be granted approval by the Precious Blood Society to, "contract the necessary debts to obtain the funds for rebuilding." *The Evening Republican* went on to describe the building that would be erected within the coming months. "The building will be of fire-proof construction throughout... The basement will contain a gymnasium running up two stories... The gymnasium is flanked on the east side by a room for a double bowling alley... The basement of the south wing will house the swimming pool, which will be 50 X 26 feet in dimensions." Please note that these were plans for the building, not a description of the building itself. The actual building did house the proposed gymnasium, which was located in the basement where the main collection of library books stand today. In addition to a gymnasium, theatre, and music department were the Raleigh Smoking Club and shower rooms, located on the first floor where the library reference section is located.

The College Catalogue of Saint Joseph's College (1915-1916) stated that, "This addition of over 40,000 square feet of floor space, obtained at a cost of \$115,000.00, will enable the institution to do its work with still greater thoroughness and success," and over the last ninety years it has continued to do so.

Dave Matthews Goes Solo

By: Phil Schroeder,
Guest Reviewer

Let this be a warning to fans of the Dave Matthews Band. Don't buy this album expecting to hear songs written with the same formula that's made them one of the biggest attractions of the past decade. Gone are the days of furious acoustic guitar strumming, intensely tight jams, and passionate howls. Dave trades all that in for smooth electric riffs and slow, deliberate (and occasionally hokey) lyrics. While this may not sound appealing to the masses, it should be said that the tracks on this album are often times more pleasing to the ears than anything that's been offered in quite a while.

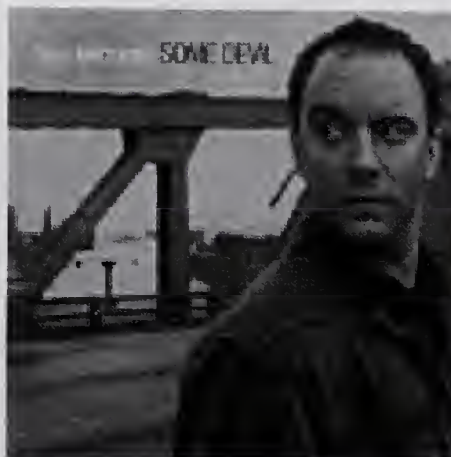
This isn't a solo album in the traditional sense. While he's without the remaining members of the Dave Matthews Band, this album isn't just Dave and a guitar (although the title track is, and it's one of the sweetest songs of the lot). Featured on this album are guitarists Tim Reynolds, who

toured with Dave this summer, and Trey Anastasio, of the band Phish. Trey plays on a handful of the tracks, and his lead guitar is a definite complement to Dave's rhythm. Among other collaborators, the Seattlemusic Group, a 41-piece horn and string orchestra, managed to blow me away with the way they not only contributed to, but expanded upon such songs as *Gravedigger* and *An' Another Thing*. Dave Matthews shows us here that he's not just an acoustic guitar-playing lyricist who's lucky enough to be backed by amazing musicians (see: Dave Matthews Band); he can indeed put together stunning works of music.

Admittedly, I'm a long-time listener (first-time caller!) of Dave Matthews' music. While he's been influenced by numerous musicians, I believe that this has never been as apparent as it is on this album. Shades of artists from Peter Gabriel to Johnny Cash are noticeable at many points. Borrowing from these people doesn't dilute the music though, as Dave is always capable of add-

ing his unique musical fingerprint to a tune, often times creating a breathtaking foil.

In all, I'd recommend this album without hesitation. Fans of the DMB will get a nice surprise, and will appreciate a refreshing and pleasant change. Whether you're a fan of Dave or not, if you're into lighter, somewhat subdued music, this is a must buy.



110 Word Rant New "Punk"

By: Natalie Lapacek,
Features Editor

In its origin, punk was not only music but a subculture. The angry youth of the 1980's came together not only to identify with each other, but to defy conformity. Punk was a movement, a step toward individuality for anarchistic adolescents. Nowadays, punk is for the masses, not for the individual. The subculture has become pop culture. Teenagers wearing pyramid bracelets and Good Charlotte shirts consider themselves "hard-core" while they chew their bubble gum and drive brand new Mustangs. Posers—that's what they really are. What is now considered punk is catchy and trendy—not nearly as raw and rebellious as it should be. Sid Vicious must be spinning in his grave.

Adam Mandon Speaks: On the Chicago White Sox

Stop what you're doing. Lift up your black (or your retro red, white, and blue) hat. Now brush your bangs back; I need to see something. You have it, too? Yeah I have banged my head against the wall so many times due to the underachieving 2003 Chicago White Sox that I have a bruise the size of a golf ball on my forehead.

Who is to blame for this sub-par season? Let us begin with the obvious. Manager Jerry Manuel has been an epidemic to this team. His over-managing philosophy of "righty-lefty" match-ups have left me nauseous, and it should have made you the Sox fans nauseous, too. Jerry Manuel was given every opportunity to win this season.

General manager Ken Williams sacrificed the entire farm system to give Manuel as many weapons as he could to make a run at the World Series. Unfortunately for the Sox, Manuel did not know how to position the troops. He changed his line-up constantly throughout the first two months of the season. He put ice-cold pinch-hitters such as Brian Daubach and Willie Harris in position to constantly fail, and had absolutely no control over his team.

Please tell me I was not the only one pleading with Jerry Manuel to go with the four-man rotation the last month of the season. The now veteran right-hander Danny Wright cannot get the job done as a starter and rookie southpaw Neal Cotts was not ready. At times, it seemed as though Manuel was uninterested with his line of work, as if his mind was drifting off to some beach on the coast of

the Bahamas. Manuel had no feel for his team, nor for the game of baseball. He was rightfully fired.

But no manager in baseball is the sole reason for failure. The players are to blame, too. This edition of the White Sox has been the most selfish team I have seen. Future Hall of Famer Frank Thomas summarized this best when he clearly stated his mission was to hit homeruns. What happened to the Frank Thomas that hit line-drives and hit homeruns on accident? The Thomas that won back-to-back MVP titles in 1993 and 1994 (ironically the Sox won their division in '93 and were in first when the strike hit in '94)?

This team relied on the long-ball entirely too much. Their strikeout totals were through the roof and their team batting average was too low. Only adding to the fire was this team's inability to sacrifice runners over. Prior to Roberto Alomar joining the club, there was not a single individual who could bunt. How are you going to win if you cannot sacrifice yourself for your teammates?

This team also has fielded some cartoon characters that truly made me laugh: the lazy D'Angelo Jiminez, Billy "the head case" Koch, and Jose Paniagua, whose recent tirade made Dennis Rodman look like a choir-boy. The 2003 Chicago White Sox had the most talented line-up in baseball, yet fundamentally they were one of the worst.

They were good enough to win the American League Central Division, but came up short in the end. Major changes need to be made. I really do not want this bruise on my forehead next year.

Athlete of the Issue: Olivia Klosterman



Sophomore Olivia Klosterman has been named the first Athlete of the Issue for the 2003-2004 edition of the Observer.

Olivia Klosterman is the leading scorer for the Lady Puma soccer team with 9 goals, 3 of which have been game-winning shots. The forward and offensive midfielder hails from Enon, Ohio and graduated from Catholic Central.

Attention: Fans ~ Coaches ~ Teammates

If you would like to nominate a student as the athlete of the issue, please contact Sports Editor Bridget Newman: bnh3998@saintjoe.edu. Briefly explain why you believe the athlete deserves to be praised!

**Congratulations
to our Football
team on a
Homecoming
Victory!**

**SJC
Fan Club**

Let's Go Pumas!

**Congratulations to Home-
coming King Luke
Hansen and Queen Kate
Nowalk.**



New Coach, New Team

Sarah Bozenda
Reporter

If you've been to a men's or women's soccer game recently, you'll have noticed a new face on the sidelines. Rob Cummings comes to the Pumas from Kansas City, Missouri, where he was the assistant women's soccer coach at Rockhurst University. Rob attended Lindenwood University in St. Charles, Missouri where he was a two-time All-American in both soccer and baseball. From 1991-93, he played for the Mexican National Baseball Team.

Freshman defender, Josh Imboden, appreciates the fact that Rob can lace up his cleats and join the team during practice. "He leads by example and that is a great trait that any coach can have."

Sophomore Marcus Murphy feels that Cummings is a good coach with big aspirations. Murphy holds that Cummings' coaching fits the team and Cummings knows what he's talking about.

"Rob Cummings is the coach we

needed this year to progress forward as a team in the long run. He brings a winning attitude to our team and believes that we can go a long way. He will be a great coach for our Men's soccer program for years to come," comments sophomore forward, McKinley Jones.

Jones also stated, "Cummings just has the fiery desire to get us to where we need and want to be."

When asked how Cummings differs from last year's coach, Rob Burns, Jones said that Cummings is a lot more intense and won't take 'no' for an answer about anything.

Sophomore midfielder Kevin

Falk agrees that Cummings is a serious fellow. Defender, Junior Rob Warren adds, "Rob Cummings is outstanding as a coach he does a good job of telling everyone what they need to do and is very supportive in his coaching. Also he has a very good knowledge of the game and a winning attitude so he makes sure to push us to do our best."

As for the team as a whole, Jones states "We have a lot of heart, making it tough for other teams to just crush us like what was happening last year."

"At the rate we're going now, I believe we will be able to make the conference tournament and maybe even the big national Division II tournament."

Imboden feels that the sophomore forwards McKinley Jones and Justin Fox are the best duo in Division II.

Murphy believes Jones, Fox, and newcomer junior midfielder, Adrian Llewellyn are the big three playmakers of the team this season.

When asked about the team, Warren commented, "I think the team has a great deal of potential using this system, if we play the way we are capable of playing then we can play with any team."

IM

Updates

IM Kickball is underway!

Check out the IM Bulletin Board in the Halleck Center for updates!

IM Cup Points

1.Chick Magnets
2. TCA
Track Team
3.Amish Mafia

IM Frisbee-Golf Results:

1. Nick Schweiss
2.Mike Dougherty
3. Mike Wallach

Congratulations to the TCA on an IM Softball win!

A Great Sports Quote

All winning teams are goal-oriented. Teams like these win consistently because everyone connected with them concentrates on specific objectives. They go about their business with blinders on; nothing will distract them from achieving their aims.

--Lou Holtz, former Notre Dame football coach

If you are interested in writing for the sports pages contact Bridget Newman at bnh3998@saintjoe.edu

Gain job-related experience!

Create material for your portfolio!

You have opportunity for advancement!

You will have fun!

Upcoming Puma Games



- Women's Golf

October 11
Away, 1:00pm
Tri-State
- Men's Golf

October 13-14
Away, 11:00am
DePauw Invitational
- Women's Tennis

October 10-11
Away, TBA
GLVC Tournament
- Men's Tennis

October 18
Home, 5:00pm
Charleston
- Cross-Country

October 10
Away, TBA
Illinois Benedictine
- Volleyball

October 10
Home, 7:00pm
Northern Kentucky
- October 11
Home, 7:00pm
Bellarmine
Away, 7:00pm
- Women's Soccer

October 10
Home, 5:00pm
Wisconsin Parkside
- October 12
Home, 12:00pm
Lewis University
- Men's Soccer

October 10
Home, 7:30pm
Wisconsin Parkside
- October 12
Home, 2:30pm
Lewis University
- Football

October 11
Home, 12:00pm
New Haven
- October 18
Home, 12:00pm
Lincoln University (MO)
Last Home Game

R N Z F N K Y X H T R E V H G
Q X P A T O L E P S H R N L O
Z Y A C J S T E K C A R D B U
B N E R A A J X R C E U D I O
O A F I Q M E O F C O N Q P Y
Z X S C D S Q F C D D H D S B
F T P K W U B O W L I N G A G
Z Q C E E S S O R C A L S Z U
B K B T U T O T U L R E I X R
Y Z F S Q E B B M L B B N H N
A Z B M N P V A O A E D N L Z
K D A X A L F L L W G S E C C
F S O F T B A L L L L L T R W

Word Search: Sports

Can you find all the words from the list in the puzzle above? Words may be forward, backward, horizontal, vertical, or diagonal. Good luck!
Puzzle courtesy of <http://thinks.com>

- | | | | |
|------------|----------|----------|----------|
| Baseball | Cricket | Hockey | Rugby |
| Basketball | Croquet | Lacrosse | Soccer |
| Boules | Fives | Pelota | Softball |
| Bowling | Football | Petanque | Squash |
| Bowls | Golf | Rackets | Tennis |

ATTENTION STUDENTS:

Do you have an original poem, short story, comic, or any other creative expression that you would like to see printed on the Et Cetera page of The Observer? Please contact Sandra at sw4014@saintjoe.edu for information or to submit your work.

Madame Sandra's Horoscopes

Aries (March 21-April 19)

Time is not working in your favor. You have been experiencing many delays, and you feel rushed and scatter-brained. Although you feel like you have way too much going on, your life can be simplified with better time-management.

Taurus (April 20-May 20)

Many of the important people in your life feel that you are neglecting them or taking them for granted. Take some time out to remind these people just how important they are to you and how much you need them in your life.

Gemini (May 21-June 21)

You are feeling very stressed by all that you have going on right now. Be sure to remember that this is only a fleeting emotion, and that soon you will feel in control again. Don't take out your frustrations on others.

Cancer (June 22-July 22)

Something in your past may be bothering you greatly, so it is important to remember that the past is nothing more than the past. Focus your energies on the future, and you will see a great turn-around in your mood very soon.

Leo (July 23-August 22)

You are very productive right now, so be sure to utilize your industrious mood fully. By focusing on the task at hand, you can reach your goal very quickly and efficiently. Be sure not to let procrastination get the best of you.

Virgo (August 23-September 22)

You have been feeling a need to broaden your horizons and experience something new and exciting. Keep your eyes open to many possibilities, as you will feel the most fulfilled from something which may not appeal to you at first.

Libra (September 23-October 23)

Do not involve yourself in any battles that are not yours. Let others fight their own wars, and keep your opinions to yourself. Not doing so could result in hurt feelings and a possible breach of a friendship.

Scorpio (October 24-November 21)

This is a great time for a good self-evaluation. Many changes that you make right now will have a very positive effect on your future. Don't be afraid to consult with family or friends when deciding what changes to make.

Sagittarius (November 22-December 21)

By playing your cards right, you have the potential to receive a large sum of money in the very near future. Invest your money wisely and you will see a large return in your investment. Be sure not to squander what you gain!

Capricorn (December 22-January 19)

If you have been feeling uncertain about a partnership recently, now is not the time to make a drastic change. You need much more time to fully evaluate the situation, so think long and hard before acting on a whim.

Aquarius (January 20-February 18)

Is there someone in your life who is holding you back? Now is the perfect time to express these feelings. You are especially charismatic, so you will be able to talk to this person without hurting his or her feelings.

Pisces (February 19-March 20)

You have been feeling very unfulfilled recently, and the best way to remedy this is to volunteer for a cause or group that you believe in. Devote an hour or two, and you will feel better and make many new friends in the process.

SJC Poet's Corner

oppression's child

what a shame it is,
what a shame it is indeed!
you can look to the politicians and
priests,
but do they hold the answers you seek?
you turn on your TV
looking for answers where you please,
but do Brokaw, Rather, and Jennings
hold the answers you seek?

budget millions on their weapons,
budget millions to improve Iraq,
while educational funding is cut
but i guess of course they'd rather it be
that...

protesting the commandments
yet standing behind a false war;
(i wonder how many feel now.
as the planes fly back the corpses)

stand against an enemy,
convinced that he's wrong;
fatuously provoked a war
where the victory will be long;
Jihad they scream,
kill without cause
what was once a baby girl
is a sack of meat in a morgue.

see it's so easy my friends to start a fight
but the question that remains
is this: were the reasons right?
when will they see
when will they break free
from the prisons of the past
for this solace they seek

my point is simply this,
if bitterness and the past had an off-
spring,
aggression would be born
and the future would be oppression's
child.

-Melissa Alba

times cast and oceans bent
(a rhyme)

times cast and oceans bent;
riddles eschewed in hopes and dreams;
trees grew for the sake of a glance,
and the tremble of wind upon the leaves

-Chris Repp

Parking Spaces

"Boyfriends are like parking spaces,
all the good ones are taken."

I imagine every girl
stands in front of her space,
hands on hips, foot tapping,
checking her watch.
When he pulls around in his
red Mustang, all souped up
she points a manicured finger,
"You, here."
He pulls in,
she checks herself in compact mirror.
He gets out and she smiles
a toothy lipstick smile,
and takes his arm as he leads her
to shopping malls and dance clubs
where there are more lots,
more spaces to fill.

I think my space has always been
somewhere in the back.

-Natalie Lapacek

Want to see your poetry in print?
Submit your original work of
poetry to Sandra Wood at
sw4014@saintjoe.edu!!

Upcoming Holidays

- 9 Hangul Nal (Korea)
- National Submarine - Grinder - Hoagie - Hero Day
- 10 National Angel Food Cake Day
- 11 National Sausage Pizza Day
- 12 Dia De La Raza (Latin America)
- 13 Columbus Day
- Canadian Thanksgiving
- Floating of the Lamps (Thailand)
- 14 Discoverer's Day (Hawaii)
- 15 World Poetry Day
- National Grouches Day
- 16 World Food Day (UN)
- Dictionary Day (birthday of Noah Webster)
- 17 National Pasta Day
- 18 Alaska Day
- National Chocolate Cupcake Day
- 19 National Seafood Bisque Day
- 20 St. Conrad Ferrini's Day (patron of universities)
- 21 National Pumpkin Cheesecake Day
- 22 National Nut Day

Courtesy of www.web-holidays.com